A staple in the New York region and an emerging program on the national stage, the Manhattanville College Athletic Department continues to bolster its reputation as a program on the rise in all areas: athletic achievement, academic success and overall participation.

More than 325 Valiant student-athletes (nearly 20 percent of the student body) took part in intercollegiate athletics during the 2010-11 school year showcasing the continued and rapid growth of athletics at Manhattanville. Following the successful integration of the men’s and women’s indoor and outdoor track teams in 2008-09, the program has expanded to 21 intercollegiate teams – including seven new teams that have been established or re-established since 2007 alone.

And teams at Manhattanville do not just compete, they win. Four teams earned conference regular-season or tournament championships in 2010-11 and three Valiant squads (women’s soccer, women’s hockey and men’s golf) appeared in the NCAA Tournament. 13 of 21 Valiant squads earned berths in their respective conference championships last year, including the eighth title in 12 seasons for the women’s hockey team and the second straight title for men’s golf. In addition, a pair of Manhattanville squads (men’s hockey and women’s hockey) spent much of the year nationally ranked while two more programs (men’s basketball and men’s golf) topped the list of teams receiving votes nationally in their respective polls over the course of the year.

On an individual level, many Valiant student-athletes were honored in 2010-11 as well, including a pair of Freedom Conference Players of the Year and two Freedom Rookies of the Year to go with 32 combined All-Conference honorees. In the last 10 years, at least 35 former Valiants have gone on to play their sport professionally either domestically or overseas as well.

But at Manhattanville, athletics is only one part of becoming a well-rounded student-athlete. In the classroom, Valiant athletes consistently achieve higher grade-point averages than the student body as a whole, as evidenced by the 3.20 Athletic Department GPA for the Spring 2011 semester and the fact that all but four Valiant teams recorded a team GPA of 3.000 or higher for the spring term. In addition, the department boasted its first CoSIDA Academic All-American in 27 years and a pair of CoSIDA Academic All-District representatives, while the department also shattered its previous best with 114 student-athletes named Academic All-Conference honorees.

Community service also continues to play a vital role in the student-athlete experience at Manhattanville, as each team performs hundreds of community service hours each year. In addition to active involvement with many local sports teams and youth organizations both on and off campus, Valiant teams sponsor events such as the women’s basketball “Pink Zone” night and the women’s hockey “Think Pink” event to promote cancer awareness. As a result of these and other efforts, the school was the recipient of two Jostens/NADIIIAA Community Service Awards in 2009, one of only 13 institutions honored and the only school to receive two awards. The service aspect of the Valiant student-athlete experience plays a large role in helping Valiant athletes fulfill the college’s mission of educating students to be ethically and socially responsible leaders in a global community.

Manhattanville Quick Facts:
- 21 Varsity Sports
- Over 300 Student-Athletes
- 7 Sports Added Since 2007
- 25 All-Americans (21 since 1999)
- Over 1,000 Service Hours Per Year
- Cumulative Department GPA over 3.200

“To the valiant of heart, nothing is impossible.”
- Jeanne d’Albret
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On the Cover
Left to right: Seniors Sarah Gustavsson and Josh Marrero, junior Kelly Davidson and senior Mike Szarkowicz

Quick Facts
MANHATTANVILLE COLLEGE
Location: Purchase, N.Y.
Founded: 1841
Enrollment: 1,800
Nickname: Valiants
Colors: Crimson & White
Affiliation: NCAA Division III
Conference: Middle Atlantic Conference
Interim President: Dr. Jon Strauss
Athletic Director: Keith Levinthal
Sr. Woman Administrator: Julene Fisher
Department Phone: (914) 323-5280
Department Fax: (914) 323-5130
Website: www.GoValiants.com
School Address: 2900 Purchase St.
Purchase, N.Y. 10577

CROSS COUNTRY STAFF
Head Coach: Mike Owens (fifth season)
Alma Mater: Central Connecticut State ’95
Phone: (914) 323-7286
Email: owens@govaliants.com
Head Coach: Patricia Neubauer (first season)
Alma Mater: Manhattanville ’11
Email: neubauer@govaliants.com

TEAM INFORMATION
Freedom Conference XC Finish (M): 11th/15
Letterwinners Returning/Lost: 4/5
Newcomers: 1
Freedom Conference XC Finish (W): 10th/14
Letterwinners Returning/Lost: 6/2
Newcomers: 2

SPORTS INFORMATION
Director of Sports Information:
Office Contact: Steve Sheridan
Office Phone: (914) 323-7280
Fax: (914) 323-3180
E-Mail: sheridan@govaliants.com
Assistant Sports Info. Director: Sean Engel
Office Phone: (914) 323-7280
E-Mail: engel@govaliants.com

Directions to Manhattanville College
FROM SOUTH: Deegan Expressway/New York State Throughway (I-87) north to Exit 8. Follow the Cross Westchester Expressway (I-287) East to the Hutchinson River Parkway. Head north on Hutchinson River Parkway to Exit 27 (in New York, not Connecticut) at Route 120 (Purchase Street). Turn left onto Purchase Street and follow to campus entrance on left.

FROM NORTH: Take the Taconic State Parkway South to Cross Westchester Expressway (I-287) east to Exit 8E (Westchester Ave.). Take second left onto Anderson Hill Road. Make right at first traffic light (Purchase Street) and proceed to campus entrance on right.

FROM WEST: Take the Tappan Zee Bridge (I-287) and continue on the Cross Westchester Expressway (I-287) East, then follow the directions above from the north after the Taconic State Parkway.

COMMERCIAL VEHICLES: The Hutchinson River Parkway, Taconic State Parkway, Saw Mill Parkway, Merritt Parkway, Sprain Brook Parkway and Bronx River Parkway all have severe height clearance limitations and do not permit most commercial vehicles. As an alternate route, use I-87 from the south or west, or I-95 from the east, to I-287 and follow directions above. From the north, use I-684 south, get off at Exit 2 (Westchester Airport) and follow Route 120 South/Purchase Street to campus.

Media Guide Credits
The 2011 Manhattanville College Cross Country Media Guide was designed, written and edited by Steve Sheridan, Director of Sports Information. Photography courtesy of Gene Boyars and the Manhattanville Sports Information Department.

Anyone with historical information that may be incorrect or that have been omitted from this guide is encouraged to contact the Manhattanville Department of Sports Information. All information in this guide is current as of September 3, 2010. All game times listed throughout the guide are Eastern.
Director of Athletics Keith Levinthal

Keith Levinthal begins his ninth full year as Director of Athletics at Manhattanville College in 2011-12 and continues to establish the school as a regional and national leader in athletic success, academic achievement and community involvement. In addition to his role as head of the department, Levinthal also serves as head coach of Manhattanville’s nationally recognized men’s hockey program.

Levinthal has led the Valiant athletic program to unprecedented heights in recent years, as Manhattanville has collected 52 conference championships — 26 regular-season championships and 26 tournament titles — in the last eight seasons alone. In that span, the program has also produced 27 conference Players of the Year, 15 All-American selections and one National Player of the Year.

Manhattanville continued its recent string of very successful seasons in 2010-11, as 15 teams participated in conference postseason play and four squads won a conference regular-season or tournament title. The Valiant women’s soccer, women’s hockey and men’s golf teams won conference championships and advanced to the NCAA Tournament during the season, while the men’s basketball team achieved the first D3Hoops.com national ranking in program history and the men’s golf team received votes in multiple national coaches polls for the first time. Off the field, a program-record 114 Valiant student-athletes were named to their respective conference Academic Honor Rolls as well, while the program also earned its first CoSIDA/Capital One Academic All-American selection in 27 years and a pair of CoSIDA/Capital One Academic All-District honorees.

In 2007-08, Levinthal guided the Athletics Department as it transitioned from the Skyline Conference to the Freedom Conference and also reintroduced volleyball and cross country programs to the school. The Valiants saw immediate success in its new conference as two teams clinched Freedom Conference regular-season championships and three programs won conference tournaments in advancing to the NCAA Tournament. The women’s hockey team advanced to the program’s third National Championship game, while the women’s soccer team reached the NCAA Tournament for the first time in program history.

Levinthal also led the Valiants to a record-breaking year in 2006-07, as six teams won conference championships and a program-record five teams qualified for the NCAA Tournament. His men’s hockey team spent 13 consecutive weeks as the top-ranked team in the nation and earned its first-ever berth in the national semifinals, while goaltender Andrew Gallant became the first Manhattanville student-athlete to be named a National Player of the Year. Six coaches were named as conference Coach of the Year, while a program-best four Valiant student-athletes were also named CoSIDA/ESPN The Magazine Academic All-District honorees. And, for the first time ever, Valiant teams won more league championships than any other Skyline Conference team.

Levinthal saw immediate athletic success during his first full year at the helm, as all 14 of Manhattanville’s athletic programs participated in postseason play during the 2003-04 year. Four teams earned bids to the ECAC postseason tournaments, while the women’s ice hockey program earned its third consecutive NCAA Tournament appearance. In 2004, Levinthal also received the honor of beginning a four-year term on the NCAA Men’s and Women’s Ice Hockey Rules Committee, serving as one of 13 overall members and one of just four from Division III institutions.

But in addition to athletic success, at the heart of every successful program lie sound resources for its lifeblood – its student-athletes. Therefore, Levinthal has made it a priority to provide the resources needed to create an environment in which Manhattanville student-athletes can achieve at the highest level in all areas: academically, socially and athletically.

A 1995 graduate of Hobart College, Levinthal is committed to developing all aspects of the athletics program. In his tenure at Manhattanville, Levinthal’s agenda has included:

Student-Athlete Development - Manhattanville continues to be on the cutting edge in the total development of its student-athletes. Valiant student-athletes have exhibited a strong presence and desire to serve the New York area. All varsity teams participate in outreach activities, positively impacting numerous area youth groups, hospitals, schools and agencies.

Professionalism - Under Levinthal’s guidance, Manhattanville athletics received a much-needed face-lift. With a new website, logo, team colors and method of business, he has streamlined and energized the department. The result has been increased exposure to Manhattanville student-athletes, improved performance both on and off the field, and increased support from fans and alumni.

Exposure - Manhattanville Athletics continues to maintain a strong presence on national and regional media outlets. Levinthal has helped increase the program’s media opportunities as well as displaying the values of the Valiants constantly in the public eye.

Assistant Director of Athletics Julene Fisher

Julene Fisher is in her seventh year as Assistant Athletic Director and Senior Woman Administrator, and her ninth year overall within the Manhattanville Athletic Department in 2011-12.

As Assistant Athletic Director, Fisher is responsible for assisting the athletic director in an administrative capacity. She handles the scheduling for all of Manhattanville’s 21 sports and also handles travel accommodations and assignment of the department’s student workers.

A former Assistant Sports Information Director at Manhattanville, Fisher also assists the Sports Information Department by serving as a statistician for home baseball games and select other home contests.

Fisher began her tenure at Manhattanville as an administrative assistant in the Manhattanville Development Office before moving over to the Athletic Department.

Fisher graduated from Marymount College in 2002 as an English/Journalism major. She served as the editor-in-chief of Marymount’s student newspaper, The Cormont, and also was a four-year letterwinner in both swimming and softball at the school.

In television, she worked in conjunction with ABC News, the Discovery Channel and HBO to produce the hit series, “The Justice Files”, as well as HBO’s Emmy award winning documentary “In Memoriam: New York City, 9/11”.

Ninth Year • Hobart ’95

Seventh Year • Marymount ’02
Head Coach Mike Owens
Fifth Season • Central Connecticut State ‘95

Mike Owens returns for his fifth season as head coach of the Manhattanville cross country programs and also is back for his fourth year at the helm of the Valiant indoor and outdoor track & field programs in 2011-12.

As head coach of the Valiant men’s and women’s cross country and track & field programs, Owens has his teams compete against some of the top Division I, II and III teams in the area and has worked diligently to turn the nascent teams into competitive squads both in the tough Middle Atlantic Conference and in the region.

The Valiants continued to improve in 2010-11, setting new benchmarks during every season. In the fall, the men’s cross country team placed 37th at the NCAA Div. III Atlantic Regional, becoming the first Valiant team to score at regionals and subsequently the first to be honored as an USTFCCCA All-Academic Team. The firsts continued during the indoor track season, when Morrison Boateng and Christi Marraccini became the program’s first two ECAC Championship qualifiers, and kept going right into the outdoor season, when the men’s 4x400 team became the program’s first-ever entry at the historic Penn Relays.

Owens oversaw the first year-long running season in Manhattanville history in 2008-09, supervising the second season of the reinstituted cross country program while also integrating new indoor and outdoor track programs into the Valiant stable of sports.

In 2008, the women’s cross country team recorded the first meet win in program history with a first-place finish at the Brooklyn Invitational, while both cross country teams scored in five of the seven meets of the year. On the track side, both Boateng and Emelda Ogweta won individual events in the first year of the program.

Owens took over the school’s reinstituted cross country teams in 2007 and brought success to a young program. He led the women’s team to a fourth-place finish among Freedom Conference teams at the MAC Championships, while freshman Julie Hinchey advanced to the NCAA Division III Atlantic Regional meet.

Owens brings a bevy of coaching experience to the young Valiant program, most notably his two-year run as Head Coach at Div. I Fairfield University from 2005-06. With the Stags, six of Owens’ runners cracked the all-time top 20 list in just two years and he placed one runner in the top 20 at the Metro Atlantic Athletic Conference Championships. Before assuming the top job, Owens served as an assistant with Fairfield during the 2004 season.

Prior to his collegiate coaching career, Owens spent seven years as a high school coach, including the 2002-04 seasons as the Head Cross Country and Track Coach at Wamogo Regional High School in Litchfield, Conn. Prior to his time at Wamogo, Owens was a Volunteer Coach at Housatonic Valley Regional High School in Sharon, Conn. from 1998-2002 and the Head Boys Track and Field Coach at Wolcott High School in 1997.

A standout runner in his own right, Owens has run with the prestigious Westchester Track Club since 2000, one of only 30 United States Track and Field Elite Development clubs in the nation. The club consists of some of the top runners in the nation, including a multi-national group of aspiring Olympians. Owens, who runs with Westchester’s Elite Team, helped the club win the 2006 Boston Mayor’s Cup, one of the biggest cross country races in the nation.

Individually, Owens has run in the 2002 Millrose Games 3K at Madison Square Garden, finished fifth – the top American finisher – at the 2001 Greater Hartford Marathon and has a personal-best marathon time of 2:31. A 1995 graduate of Division I Central Connecticut State University, Owens was a four-time qualifier for the New England Track Championships as a collegian and was the Blue Devils’ top runner as a senior.

Assistant Coach Patricia Neubauer
First Season • Manhattanville ‘11

After a three-year collegiate career running for the Valiants, Patricia Neubauer ‘11 remains with the school and begins her first season as an assistant coach with the Manhattanville cross country and track programs in 2011-12.

Neubauer earned nine varsity letters for Manhattanville from 2008-11 after transferring from the University of Potsdam. She graduated with a pair of program-record times to her credit, as she ran the best 1,000-meter time indoors (3:29.58) at the Wesleyan Invitational in 2009 and also set a program record in the 800 meters with a time of 2:48.53 at the Danny Curran Invitational during her first outdoor track season.

An eight-time Middle Atlantic Conference Academic Honor Roll recipient, Neubauer graduated from Manhattanville in 2011 with a bachelor’s degree in management.

A native of Potsdam, Germany, she currently works for GSM Systems in New York City as a Sales Associate.
2011 Manhattanville Rosters/Schedule

MEN’S CROSS COUNTRY ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Ht.</th>
<th>Wt.</th>
<th>Hometown/High School (Previous School)</th>
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<tbody>
<tr>
<td>Dan Caggiano</td>
<td>So.</td>
<td>5-8</td>
<td>140</td>
<td>Staten Island, N.Y./Saint Peter’s</td>
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<tr>
<td>Josh Marrero</td>
<td>Sr.</td>
<td>5-5</td>
<td>135</td>
<td>Elmsford, N.Y./Briarcliff</td>
</tr>
<tr>
<td>Chris Rose</td>
<td>Fr.</td>
<td>5-11</td>
<td>145</td>
<td>Southampton, N.Y./Southampton</td>
</tr>
<tr>
<td>Ben Smith</td>
<td>So.</td>
<td>5-3</td>
<td>120</td>
<td>Proctor, Vt./Mount St. Joseph Academy</td>
</tr>
<tr>
<td>Mike Szarkowicz</td>
<td>Sr.</td>
<td>6-0</td>
<td>145</td>
<td>Watertown, Conn./Watertown</td>
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WOMEN’S CROSS COUNTRY ROSTER

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<th>Ht.</th>
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<tbody>
<tr>
<td>Phoebe Azario</td>
<td>Fr.</td>
<td>5-9</td>
<td>London, England/Convitto Nazionale Maria Luigia</td>
</tr>
<tr>
<td>Kelly Davidson</td>
<td>Jr.</td>
<td>5-11</td>
<td>Yorba Linda, Calif./Esperanza</td>
</tr>
<tr>
<td>Sarah Gustavsson</td>
<td>Sr.</td>
<td>5-5</td>
<td>Gothenburg, Sweden/Hulebacksgymnasiet (Santa Barbara City College)</td>
</tr>
<tr>
<td>Alexis Lanzillotti</td>
<td>Fr.</td>
<td>5-3</td>
<td>Wallkill, N.Y./Wallkill</td>
</tr>
<tr>
<td>Pilar Mahady</td>
<td>Sr.</td>
<td>5-3</td>
<td>Bedford Hills, N.Y./Fox Lane</td>
</tr>
<tr>
<td>Arame Mbodj</td>
<td>Sr.</td>
<td>5-5</td>
<td>New Rochelle, N.Y./New Rochelle</td>
</tr>
<tr>
<td>Alexis Moore</td>
<td>So.</td>
<td>5-1</td>
<td>Voorheesville, N.Y./Voorheesville</td>
</tr>
<tr>
<td>Nicole Muschio</td>
<td>Jr.</td>
<td>5-3</td>
<td>Pawling, N.Y./Pawling</td>
</tr>
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</table>

2011 CROSS COUNTRY SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Meet Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3</td>
<td>at Marist Invitational</td>
<td>Bowdoin Park - Wappingers Falls, N.Y.</td>
</tr>
<tr>
<td>Sept. 10</td>
<td>at Trinity Invitational</td>
<td>Wickham Park - Manchester, Conn.</td>
</tr>
<tr>
<td>Sept. 18</td>
<td>VALIANT INVITATIONAL</td>
<td>Manhattanville XC Course - Purchase, N.Y.</td>
</tr>
<tr>
<td>Sept. 24</td>
<td>at Williams</td>
<td>Mount Greylock Regional HS - Williamstown, Mass.</td>
</tr>
<tr>
<td>Oct. 9</td>
<td>at Highlander XC Challenge</td>
<td>Branch Brook Park - Newark, N.J.</td>
</tr>
<tr>
<td>Oct. 23</td>
<td>at Boston Mayor’s Cup</td>
<td>Franklin Park - Boston, Mass.</td>
</tr>
<tr>
<td>Oct. 29</td>
<td>at Middle Atlantic Conference Championship $</td>
<td>Messiah XC Course - Grantham, Pa.</td>
</tr>
<tr>
<td>Nov. 12</td>
<td>at NCAA Div. Atlantic Regionals</td>
<td>Saint Lawrence XC Course - Canton, N.Y.</td>
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</table>
2011 Season Preview

After continuing to make strides toward becoming a consistent competitor in the Middle Atlantic Conference in 2010, head coach Michael Owens and the Manhattanville men’s and women’s cross country teams enter the 2011 campaign with raised expectations and a chance to make a splash in conference competition in 2011.

MEN’S SEASON PREVIEW

After placing in all three postseason races for the first time in program history in 2010, including a 37th-place result at the NCAA Div. III Atlantic Regional Championships, the Manhattanville men’s team returns with even higher goals in 2011.

Easily the leader of the pack on the men’s side is senior Mike Szarkowicz, who has been the team’s best runner for three straight seasons and shows no signs of slowing down in his final year. As a junior, he posted the team’s top time in all three distances, including the Valiants’ four best 8K times, and placed first among Manhattanville entries in all nine meets in which he ran. His top 8K time, a 28:15.80 finish at the Albany Invitational, was the best of his career and the fourth-best time in program history, and gave him three of the program’s top-10 8K finishes.

Fellow senior Josh Marrero also returns to provide some upperclass leadership to this year’s young squad. A three-year letterwinner for the Valiants, Marrero has been a constant in the Manhattanville lineup and will look to build upon his last meet of 2010, when he posted a career-best time of 30:39.40 at the 8K NCAA Div. III Atlantic Regionals.

Sophomores Dan Caggiano and Ben Smith both finished up promising freshman seasons in 2010 and will look for continued improvement in their second years as well. As a freshman, Caggiano appeared in all 10 meets and finished second among Valiants on seven occasions, and also was the team’s top finisher at the 8K Lightning Invitational (29:53.23).

Smith, meanwhile, was consistently in the team’s top three as well and topped off his year with a season-best 29:32.20 finish at the NCAA Div. III Atlantic Regionals.

In addition, Owens has brought in freshman Chris Rose to push the returners and see plenty of time on the course throughout the season.

WOMEN’S SEASON PREVIEW

The Manhattanville women’s team, which took 10th place (out of 14 teams) at the MAC Championships last October, will look to make the leap up the conference ladder behind the tandem of senior Sarah Gustavsson and junior Kelly Davidson, who combined for six of the top-eight 6K times in program history last season.

Gustavsson transferred into the school from the west coast prior to last season and quickly became one of the team’s top runners, posting Manhattanville’s top time in every distance. Her time of 24:38.07 at the ECAC Div. III Championships in November marked the second-fastest 6K time in program history, and was one of three program top-10 times at that distance that she achieved last season. With a year under her belt at the school, Owens expects even better things in 2011.

Davidson has consistently been one of the program’s top runners since joining the squad before the 2009 season and had another very solid year in 2010. She posted three of the team’s top five 5K times last season while also boasting three of the top four 6K results as well, finishing either first or second on the team in all eight appearances in 2010. After capturing three of the program’s top-seven 6K times last season, the junior currently holds five of the school’s 10 best finishes at the distance and will look to further improve on those totals in her third season.

Seniors Pilar Mahady and Arame Mbodj also look to make an impact in their final seasons with the squad as well. Mahady ran in five meets during her junior season and Mbodj took part in three races last season, and both runners hope that with a full season of action comes an increased presence near the top of the team’s leaderboard.

Junior Nicole Muschio and sophomore Alexis Moore also return for their third and second season, respectively, with Manhattanville in 2011. Muschio ran in eight of the team’s 10 races as a sophomore and set new career bests in both the 5K and 6K, while Moore appeared in nine races and by the end of the season had moved up to become the team’s third-best finisher on a consistent basis.

In addition, Owens also welcomes freshmen Phoebe Azario and Alexis Lanzilloti into the fold in an attempt to bolster the women’s side and add some much-needed depth to the squad.

Owens has put together yet another competitive schedule for 2011, taking the Valiants around the New York and New England regions in search of top competition. After starting the year with meets hosted by Division I Marist College (9/3) and Trinity (Conn.) College (9/10), the Valiants continue the tradition started last year with the annual Valiant Invitational home meet, this year taking place on September 17 on the Manhattanville campus. The schedule will also see the Valiants head to Williams College and Division I New Jersey Institute of Technology before closing out the regular season in Boston at the Mayor’s Cup races.

After 10th-place (women) and 11th-place (men) finishes last year, Manhattanville will look to close the year strong at the Middle Atlantic Conference Championship, which will take place at Messiah College on October 30. Potential dates at the ECAC Div. III Championship and the NCAA Div. III Atlantic Regionals also loom at the end of the season, as the Valiants look to improve on last season’s postseason performances.
DAN CAGGIANO
Sophomore • 5-8 • 140 lbs • Staten Island, N.Y./Saint Peter’s

2010: Ran in all 10 meets during his freshman season ... finished second among Valiants in seven of 10 races this year ... made his collegiate debut at Delaware Valley (9/4), finishing 63rd overall with an 8K time of 30:32.56 ... was the top Valiant finisher at the Lightning Invitational (10/3), crossing the line in 29:58.23 to take 16th place ... best 8K time of the year came at the ECAC Championships (11/6), finishing 184th place overall with a time of 29:49.27.

High School: A 2010 graduate of Saint Peter’s High School ... ran four years for the Eagles ... given the team’s Pepper Martin Memorial Award as a senior.

Personal: Born March 10, 1992 ... son of Ralph and Barbara Caggiano ... has two siblings, Robert and DeAnna ... plans to be a business management major at Manhattanville.

JOSH MARRERO
Senior • 5-5 • 135 lbs • Elmsford, N.Y./Briarcliff

2010: Appeared in nine of the team’s 10 meets as a junior ... cracked the top 10 with a 10th place finish at the Valiant Invitational (9/18), crossing the line in 20:53.00 ... had his best 8K time of the year in the season’s final meet, posting the best 8K time of his career with a time of 30:39.40 at the NCAA Atlantic Regionals (11/13).

2009: One of three Valiants to run in all eight team races during the cross country season ... placed third on the team and 78th overall with a season-best 5K time of 19:03.00 at the Trinity Invitational (9/12) ... led the Valiants with a 30th-place finish (32:48.00) at the Staten Island Invitational (10/4) ... finished second among Valiants at both the MAC Championship (10/31) and ECAC Championship (11/7), placing 95th (33:40.38) at the MACs and 233rd with a season-best 8K time of 32:32.50 at the ECACs ... named to the MAC Fall Academic Honor Roll.

2008: One of three Valiants to appear in every cross country race in his first season ... placed 15th with a time of 33:50 in his first collegiate race, the Purchase Invitational (9/13) ... led the team with a 25th-place finish at the Brooklyn Invitational (10/5) with a time of 32:50 ... posted a season-low 31:51 at the Saratoga Invitational (10/25) to place 263rd.

High School: A 2008 graduate of Briarcliff High School ... was a three-year letterwinner on the cross country team, while also lettering in track and baseball for the Bears ... reached the Sectional Championships in cross country ... was an honor roll student.

Personal: Born May 24, 1990 ... son of Paul and Lydia Heck ... has one sister, Alexis, and one brother, Jonathan ... is an education and Spanish double major with a minor in political science at Manhattanville.

CHRIS ROSE
Fr. • 5-11 • 145 lbs • Southampton, N.Y./Southampton

High School: A 2011 graduate of Southampton High School ... ran cross country and track for five years for the Mariners ... helped the team to a New York State relay championship as a senior ... a National Honor Society member in high school.

Personal: Born February 8, 1993 ... son of John and Lisa Rose ... has two brothers, Scott and Tom ... plans to be an education major at Manhattanville.
2011 Men’s Bios

BEN SMITH
Sophomore • 5-1 • 120 lbs • Proctor, Vt./Mount St. Joseph Academy

2010: Ran in eight of the team’s 10 races in his first collegiate season ... took seventh place at the Valiant Invitational (9/18) with a time of 19:25.00 ... placed second among Valiants with an 8K time of 30:28.80 at the Albany Invitational (10/16) ... took 83rd place (29:54.83) at the MAC Championships (10/30) ... posted his best 8K time of the year at the NCAA Atlantic Regionals (11/13) by crossing the line in 29:32.20.

High School: A 2010 graduate of Mount St. Joseph Academy ... a four-year cross country and track runner for the Mounties ... a three-time All-Marble Valley League Class C team honoree and the MVL Class C XC champion in 2008 and 2009 ... finished fourth at the Div. III XC State Championship in 2008 and second in 2009 ... also qualified for the New England Championship as a senior ... on the track, holds school records in the 1,500, the 3,000 and the 3,200 meters ... finished sixth in the state in the 3,200 as a senior ... in the 3,000, finished fourth at the New England Qualifiers in 2010 and placed second at the Div. III State Championship meet in 2008 ... graduated from Mount St. Joseph with honors.

Personal: Born October 26, 1991 ... son of Roland and Jenifer Smith ... has one sister, Emmalee ... plans to be a history major with a political science minor at Manhattanville.

MIKE SZARKOWICZ
Senior • 6-0 • 145 lbs • Watertown, Conn./Watertown

2010: Had another productive season for Manhattanville as a junior, crossing the line first among Valiants in all nine races in which he participated ... took fifth place with a time of 18:30.00 at the 5.32K Valiant Invitational (9/18) ... had the team’s top four 8K times of the year and five of the top six ... posted the best 8K time of his career and the fifth-best in program history with a time of 28:15.80 (39th place) at the Albany Invitational (10/16) ... was the Valiants’ leader at the MAC Championships (10/30), ECAC Championships (11/6) and NCAA Atlantic Regionals (11/13), led by a 28:45.25 finish at the ECACs ... named to the MAC Fall Academic Honor Roll.

2009: Participated in eight of the team’s nine meets during the cross country season ... finished second on the team in both of his 5K meets of the year, including a season-best time of 18:02.00 at the Trinity Invitational (9/12) ... recorded six of the Valiants’ best nine 8K times of the season ... was the team’s lone representative at the NCAA D-III Atlantic Regionals (11/14), crossing the line in a career-best 28:28.50 ... led the Valiants at both the MAC Championship (10/31) and the ECAC Championship (11/7), placing 51st (30:14.14) at the MACs and 91st (28:59.10) at the ECACs ... named to the MAC Fall Academic Honor Roll.

2008: Appeared in four races in his first collegiate cross country season ... paced the team in his first career meet, finishing ninth (32:53) at the Purchase Invitational (9/13) ... posted a season-best time of 30:28 to place 104th at the Codfish Bowl (9/27) ... also led the team with a finish of 31:28 at the Saratoga Invitational (10/25).

High School: A 2008 graduate of Watertown High School ... was a two-year letterwinner in both cross country and track & field for the Indians ... helped his team to three consecutive Nougatuck Valley League titles from 2004-06.

Personal: Born August 27, 1989 ... son of Tom and Marianne Szarkowicz ... has two sisters, Andrea and Mary, and a brother, Tom ... is an education and history double major with a legal studies minor at Manhattanville.
Kelly Davidson
Junior • 5-11 • Yorba Linda, Calif./Esperanza

2010: Ran in all of the team's final eight meets of the season as a sophomore ... recorded three of the top seven 6K times in program history ... finished either first or second among Valiants in all eight appearances ... took sixth place with a time of 18:48.00 at the 4.43K Valiant Invitational (9/18) ... was the team's top finisher and placed sixth overall at the 5K Lightning Invitational (10/3) with a time of 21:18.56 ... her best 5K time of the year came at the Albany Invitational (10/16), finishing the course in 20:39.20 ... placed 36th with a time of 24:50.61 at the MAC Championships (10/30) ... posted the third-fastest 6K time in program history by crossing the line in 24:42.63 at the ECAC Championships (11/6) ... was the first Valiant to cross the line at the NCAA D-III Atlantic Regionals (11/13), finishing in 24:56.00.

2009: Appeared in eight of the team's nine overall meets during the cross country season ... posted the Valiants' top finish in seven of those eight meets ... had five of the top nine 6K times in program history ... began the year with a 20th-place finish (21:53.00) at the 5K Army Open (9/4) ... placed a season-best 18th with a time of 17:35.00 at the 5K Trinity Invitational (9/12) ... posted the second-best 6K time in school history by finishing the Plansky Invitational (10/17) course in 25:01.00 ... cracked the top-25 at the MAC Championships (10/31) with a time of 25:55.21 ... placed 125th overall at the NCAA D-III Atlantic Regionals (11/14), finishing in 25:10.50.

High School: A 2009 graduate of Esperanza High School ... ran four years of cross country and track for the Aztecs, while also playing soccer for one season ... captained the cross country team to a Sunset League championship as a senior ... her Aztec team was ranked second in California and in the top-20 of the nation in 2008 ... also helped the track team to a Sunset championship on one occasion ... a National Honors Society student.

Personal: Daughter of Richard and Mary Davidson ... has two brothers, Sean and Scott ... is double majoring in communications and management at Manhattanville.

Sarah Gustavsson
Senior • 5-5 • Gothenburg, Sweden/Hulebacksgymnasiet (Santa Barbara City)

2010: Ran in nine of the team's 10 meets in her first season with the Valiants ... posted the top Valiant time in all distances this year ... recorded three of the top eight 6K times in program history ... took 30th place with a time of 25:52.57 in her Valiant debut at the 6K Delaware Valley Invitational (9/4) ... finished second at the Valiant Invitational (9/18), finishing the 4.43K course in 17:48.00 ... had the team's best 5K time of the year at the Albany Invitational (10/16), placing 28th in 20:37.20 ... placed 35th at the MAC Championships (10/30), crossing the line in 24:49.29 ... recorded the second-best 6K time in program history at the ECAC Championships (11/6), finishing in 24:38.07 ... also just missed a top-100 finish at the NCAA Atlantic Regionals (11/13), crossing the line in 24:58.00.

Previous School: Attended Santa Barbara City College for two years from 2008-10, running on the cross country and track teams ... helped the Vaqueros to a California State Cross Country Championship in 2009 ... graduated from the school in 2010 and was a President Honor Roll student in every semester.

High School: Graduated from Hulebacksgymnasiet in 2008 ... did not run in high school.

Personal: Daughter of Bengt-Goran and Annelie Gustavsson ... has one brother, Tobias ... plans to be a finance major with a political science minor at Manhattanville.
ALEXIS LANZILLOTTI  
Fr. • 5'3 • Wallkill, N.Y./Wallkill

High School: A 2011 graduate of Wallkill High School ... ran cross country and track during her final two seasons with the Panthers ... as a junior, took second place in the 400 meters at the Mid-Hudson Athletic League meet and helped her indoor team to a first-place finish in the Orange County Interscholastic Athletic League ... in her senior year, anchored the first-place 4x400 relay team at the MHAL meet and also took third in the 400-meter hurdles and was part of the third-place 4x100 relay team ... named her school’s Mid-Hudson Athletic League Scholar-Athlete and was a National Honor Society member.

Personal: Born September 17, 1993 ... daughter of Joseph and Denise Lanzillotti ... has three siblings: Joseph, Jordan and Gabrielle ... plans to be an international studies major at Manhattanville.

PILAR MAHADY  
Senior • 5'3 • Bedford Hills, N.Y./Fox Lane

2010: Ran in five meets during her junior year ... placed 15th overall at the 4.43K Valiant Invitational (9/18), finishing in 21:16.00 ... best 5K time of the year came at the Codfish Bowl (9/25), finishing in 25:32.00 ... ran her best 6K time of the year in her final meet at the MAC Championships (10/30), crossing the line in 29:56.49 ... named to the MAC Fall Academic Honor Roll.

2009: Appeared in all eight of the Valiants’ team meets during the cross country season ... led Manhattanville with an 18th-place finish (30:21.00) at the 6K Staten Island Invitational (10/4) ... her best 5K time of the year came with a 23:31.60 finish at the Codfish Bowl (9/26) ... recorded a season-best 6K time (28:51.60) at the year-end ECAC Championship (11/7) ... named to the MAC Fall Academic Honor Roll.

2008: One of four Valiants to participate in all seven meets during the cross country season ... was one of the team’s top-three finishers in every meet ... lead the team with a season-best eighth-place finish (24:16) at the season-opening Purchase Invitational (9/13) ... posted a season-best 5K time at the Saratoga Invitational (10/25), placing 180th with a time of 21:47 ... finished 53rd at the 6K MAC Championships (11/1) with a time of 27:57 ... bested that time slightly at the season-ending ECAC Championships (11/8), finishing the 6K course in 27:51.

High School: A 2008 graduate of Fox Lane High School, lettering in cross country for the Foxes ... was a high honors student in high school.

Personal: Born August 17, 1990 ... daughter of Jeanette Pousada and Patrick Mahady ... is an Asian Studies major with dual minors in political science and theater at Manhattanville.

ARAME MBODJ  
Senior • 5'5 • New Rochelle, N.Y./New Rochelle

2010: Ran in three cross country races in her junior season ... took 76th place at the Lightning Invitational (10/3), finishing the 5K course in 26:51.21 ... her best 6K performance of the year came at the MAC Championships (10/30), crossing the finish line in 31:58.59 ... named to the MAC Fall Academic Honor Roll.

2009: Did not run cross country as a sophomore.

2008: Participated in three meets during the cross country season ... placed 124th in her first collegiate meet with a season-best time of 24:39 at the 5K Codfish Bowl (9/27) ... ran a season-low 6K time of 31:31 to place 33rd at the Brooklyn Invitational (10/5).

High School: A 2008 graduate of New Rochelle High School ... was a four-year letterwinner in cross country for the Huguenots ... competed at the Empire State Summer Games in 2006 and 2007, winning a silver medal in 2007.

Personal: Born May 13, 1990 ... daughter of Mohamed Mbojd and Soukeyna Diap ... has two siblings, Marieme and Idrissa ... is double majoring in psychology and sociology with a French minor at Manhattanville.
ALEXIS MOORE
Sophomore • 5-1 • Voorheesville, N.Y./Voorheesville

2010: Ran in nine of the team’s 10 races in her freshman season ... made her collegiate debut at Delaware Valley (9/4), finishing the 6K course in 29:27.33 ... was the second Valiant to cross the line at Trinity (9/11), taking 49th place with a 4K time of 20:17.00 ... finished ninth at the Valiant Invitational (9/18) ... took 14th place (a season-best 21:51.21) at the 5K Lightning Invitational (10/3) ... ran a season-best 6K time of 27:19.84 and placed 72nd overall at the MAC Championships (10/30).

High School: Graduated from Voorheesville High School in 2010 ... ran three years of cross country and two years of track for the Blackbirds ... helped the cross country team to a NYSPHSAA Section 2 Class C Championship and a berth in the State Championship in both 2008 and 2009 ... a four-year high honors student and National Honor Society member.

Personal: Born May 7, 1992 ... daughter of J. Lance Moore and April Richardson-Moore ... has three siblings: Tyler, Bruce and Rachel ... plans to be a history or international studies major at Manhattanville.

NICOLE MUSCHIO
Junior • 5-3 • Pawling, N.Y./Pawling

2010: Ran in eight of the team’s 10 races as a sophomore ... took 13th place at the Valiant Invitational (9/18) with a 4:43K time of 21:04.00 ... finished 25th in 29:27.33 ... was the second Valiant to cross the line at Trinity (9/11), taking 49th place with a 4K time of 20:17.00 ... finished ninth at the Valiant Invitational (9/18) ... took 14th place (a season-best 21:51.21) at the 5K Lightning Invitational (10/3) ... ran a season-best 6K time of 27:19.84 and placed 72nd overall at the MAC Championships (10/30).

High School: A 2009 graduate of Pawling High School ... ran four years of cross country and track teams ... was an All-Northern Counties performer ... helped the Tigers to a Girls’ League Championship in track & field in 2007-08 ... a four-year honor roll student at Pawling as well.

Personal: Born September 11, 1991 ... daughter of Henry and Debbie Muschio ... has one younger sister, Camille ... majoring in biochemistry on a Pre-Med track at Manhattanville.
### Cross Country Top 10 Times

#### Men 5000m Run

<table>
<thead>
<tr>
<th>Place</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Meet</th>
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<tr>
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<td>Morrison Boateng</td>
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<td>Garry Ramirez</td>
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<td>Sean McIver</td>
<td>9/11/2010</td>
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#### Men 8000m Run

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<td>Albany Invitational</td>
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<td>Mike Szarkowicz</td>
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<td>ECAC Div. III Championship</td>
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<td>28:57.50</td>
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#### Women 5000m Run

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<th>Date</th>
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<tbody>
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<td>Patricia Neubauer</td>
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#### Women 6000m Run

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Cross Country Record Book

5,000m (Women’s)

4. Sally Terrell at Manhattanville Invitational Oct. 15, 1983 19:34.00
5. Sally Terrell vs. Vassar Sept. 18, 1983 19:37.00
6. Sally Terrell at Manhattanville Fall Festival Invitational Sept. 8, 1984 19:53.00
7. Sally Terrell at Manhattanville Fall Festival Invitational Sept. 10, 1983 20:17.00
8. Sally Terrell at Codfish Bowl Sept. 26, 2009 20:27.40

6,000m (Women’s)

2. Sarah Gustavsson at ECAC Div. III Championships Nov. 6, 2010 24:38.07
3. Kelly Davidson at ECAC Div. III Championships Nov. 6, 2010 24:42.63

8,000m (Men’s)

1. Nick Benson at Manhattanville Invitational Oct. 15, 1983 26:01.00
2. Corey Clavet at Codfish Bowl Sept. 26, 2009 27:22.70
5. Corey Clavet at DeSales Invitational Oct. 10, 2009 28:26.84
7. Nick Benson at Stony Brook Invitational Oct. 8, 1983 28:28.00
10. Mike Szarkowicz at ECAC Div. III Championships Nov. 6, 2010 28:45.25

All-Time Rosters

MEN’S TEAM

Benson, Nick 1983
Berrios, Nicholas 2007
Boateng, Morrison 2008, 2010
Botier, Saul 2008
Byrne, James 1979
Caggiano, Daniel 2010
Clavet, Corey 2009
Coll, John 2010
Fossati, Steve 1984
Gentile, Stephen 1984
Graham, Vincent 1981
Israel, Tony 1983-84
Kim, Pedro 2007, 2009
Kimball, Frank 1979
Kiprono, Ethenehy 2009
Lico, Serrie 1981-83
Maloney, Timmy 1981
Marrero, Josh 2008-10
Materrazzo, Tom 1979
McGrath, Charlie 1981-84
McLevey, Sean 2010
Modin, Dmitri 2008
Moore, Mark 1981

WOMEN’S TEAM

Nadelbach, Chris 1983
Ncube, Mhla 2009
Perez, Andrew 2007
Ramirez, Garry 2010
Ricigliano, Fran 1983-84
Rovani, Joe 1979
Saville, Chris 1979
Scozzari, Vinny 2008
Smith, Ben 2010
Spathe, Chad 2009-10
Szarkowicz, Mike 2008-10
Wagner, Marc 1979-82

D’Angelico, Stephanie 1981
Davidson, Kelly 2009-10
Davis, Sue 1981
DeDomenico, Jessica 2007
Desantis, Dawn 1979
Dingman, Avon 1981
Finn, Sheila 1983
Flannery, Kathleen 1984
Fuhrmann, Heidi 1979
Granata, Amanda 2008-09
Harrison, Jamie 2007-08
Hewston, Sue 1979
Hinchey, Julie 2007-08
Hunter, Chevon 2009
Isaza, Stephanie 2008
Isaaz, Stephanie 2007
Juergens, Angela 1979
Klick, Genevieve 2008-09
Konop, Elizabeth 1981
Kolr, Anne 1979, 1981
Kolrs, Ashley 2010
Mahady, Pilar 2008-10
Maldonado, Olivia 2009

NOTE: Rosters are missing from the 1980 and 1982 seasons.

2011 MANHATTANVILLE CROSS COUNTRY MEDIA GUIDE
After a 26-year hiatus, the Manhattanville College campus will once again play host to a cross country invitational meet in 2010 as the Valiant men’s and women’s cross country teams will both be hosting home invitational races for the first time since 1984.

Designed by head cross country coach Mike Owens, the Valiants’ home course starts at the front entrance of the school and winds its way all the way along the outside of Manhattanville’s campus – including views of the softball field, baseball field, and the GoValiants.com turf and grass fields – before winding back around campus and finishing up once again near the front of the school. The course also features multiple elevation and terrain changes throughout the course, giving runners of all levels a great challenge.

The men’s course measures 5.32 kilometers (3.31 miles) and is shown to the right, while the women’s course comes in slightly shorter at 4.43 kilometers (2.75 miles).

The record for the current 5.32K men’s course is 17:37.00, which was set at the 2010 Valiant Invitational by Mark Castelli of the U.S. Military Academy on September 18, 2010. The women’s 4.43K course record is 16:53.00, set by the College of Saint Elizabeth’s Brittany Hinton also at the 2010 Valiant Invitational.

Aerial shots of both men’s and women’s courses, including mileage and a complete view of the campus, can be seen at the links below:

Men’s Course: http://www.usatf.org/routes/view.asp?rID=391588
Women’s Course: http://www.usatf.org/routes/view.asp?rID=391771

Kennedy Gymnasium

Dedicated in October 1957 by the family of eventual United States President John F. Kennedy, Kennedy Gymnasium is the day-to-day operational home of the Manhattanville Athletic Department as well as the home court for the Valiant men’s and women’s basketball and women’s volleyball programs.

Kennedy’s main attraction, a basketball and volleyball arena, is flanked by strength & conditioning, sports medicine, locker room and office facilities, as well and a full-length swimming pool and dance studio, making it the daily hub of Athletics at Manhattanville.

All in-season sports have their own space inside Kennedy Gym’s several locker rooms, with each player allowed his or her own locker for the full season. Inside the fully-enclosed locker rooms, members of the coaching staff can address their team before, during and after games or events, while the rooms also serve as a perfect congregating spot for teams at any time throughout the season.

The rest of the locker rooms inside Kennedy Gym include full shower and locker facilities, as well as access to Manhattanville’s swimming pool, strength and conditioning facilities, and athletic training facilities.

The offices of almost all varsity head and assistant coaches at the school are also located within Kennedy Gym, as are the offices of all Manhattanville athletics administrators.

Manhattanville’s athletic trophies and banners, highlighting the program’s best accomplishments throughout the school’s distinguished athletic history, are also located inside the lobby and main arena of Kennedy Gymnasium. The gym also plays host to several camps and local recreational groups during the summer and throughout the school year.
Focused on the overall development of the student-athlete, the Manhattanville Strength & Conditioning staff maximizes the athletic performance of Valiant athletes by using the most effective and efficient training techniques to compete injury free at the highest level of competition. The aim is to instill a sense of self-discipline, respect and responsibility to achieve the ultimate goal of a team championship.

The strength and conditioning department is housed inside Healthworks, a large, state-of-the-art weight and cardiovascular training facility located on the bottom floor of the Athletic Department hub, Kennedy Gymnasium. The room includes several power development stations, glut ham benches, decline abdominal benches and physioballs and cardiovascular machines that are available for student-athlete use both in and out of season as well as during the summer.

In 2007, Manhattanville College opened the new Richard A. Berman Student Center in the center of campus that includes a first-class workout area for the general student population; as a result, Healthworks is now the exclusive strength and conditioning home of Valiant student-athletes.

Head Coach Corey Crane
Fourth Season - Northern Iowa '97
Corey Crane is in the third season of his second stint as Manhattanville’s Head Strength and Conditioning Coach and also serves as the school’s Assistant Athletic Director for Academics.

Crane is responsible for managing and providing the design, implementation, supervision and evaluation of the strength and conditioning program utilized by the school’s 21 varsity sports.

Crane brings a wealth of strength and conditioning experience to Manhattanville. He previously spent two years as the Associate Head Strength and Conditioning Coach at the United States Military Academy at West Point, working with all of the school’s 17 sports but focusing primarily on the Academy’s football, men’s lacrosse, hockey and volleyball programs.

Crane also has worked as the Head Strength and Conditioning Coach at Western Illinois University during the 2005-06 school year and previously spent one year in Purchase as Manhattanville’s Head Strength and Conditioning Coach before taking an assistant position at Army for four years.

Graduate Assistant Coach Jason Ward
First Season - SUNY Albany ’07
Jason Ward is in his first season as the assistant strength and conditioning coach at Manhattanville in 2011-12.

In his role, Ward works with head coach Corey Crane to manage and provide the design, implementation, supervision and evaluation of the strength and conditioning program utilized by all 21 Manhattanville varsity sports.

Outside the Manhattanville realm, Ward is a professional Mixed Martial Arts fighter and has competed at both the amateur and professional levels.

A graduate of SUNY Albany, he received a bachelor’s degree in sociology with a concentration in criminal justice in 2007. He currently resides in New Rochelle, N.Y., as he pursues his graduate degree at Manhattanville.

The Sports Medicine facilities at Manhattanville College are located inside the hub of Manhattanville Athletics, Kennedy Gymnasium, and are the only place where Valiant student-athletes from all 21 varsity sports come to receive comprehensive health care from any of the Athletic Department’s three fully-certified, full-time athletic trainers.

The athletic training staff has five main objectives: prevention of athletic injuries; recognition, evaluation and treatment of injuries that do occur; rehabilitation; health care administration; and professional development. The athletic training staff also has on-campus access to state-of-the-art training methods, including ultrasound capability, electrical muscle stimulation and whirlpool treatments.

The training staff is also privileged to be affiliated with some of the best physicians in the Westchester area, benefiting from a close relationship with Plancher Orthopedics and Sports Medicine and head team physician Dr. Kevin Plancher, who works out of nearby Greenwich, Conn.

Head Trainer Scott McIver
Eighth Season - Iona ’83
Scott McIver, MS, ATC, is in his eighth season as the head athletic trainer at Manhattanville. McIver previously served as the school’s head trainer from 2000-02 before returning to the school before the 2006-07 school year.

After departing Manhattanville in 2002, McIver was named the head athletic trainer at Iona Prep High School, providing coverage for 20 sports and 250 student-athletes. Before his first stint in Purchase, McIver served as an associate athletic trainer at Pace University for 12 years from 1989 to 2000, coordinating athletic training coverage and strength and conditioning for all Setters sports.

McIver received his master’s degree in Athletic Training and Exercise Science from Long Island University in 1990 and his bachelor’s degree in Psychology from Iona College in 1983. A member of the National Athletic Trainers Association and American Orthotic and Prosthetic Association, he is also an Emergency Medical Technician and a licensed massage therapist.

Assistant Trainer Khachik “JR” Barkamian
Fourth Season - MCLA ’01
Khachik “JR” Barkamian, MSEd, ATC, is in his fourth season as an assistant athletic trainer at Manhattanville.

Barkamian came to the Valiants from Fordham University, where he provided coverage for the men’s soccer and men’s basketball teams and assisted with spring football workouts.

Prior to his time at Fordham, Barkamian served as the Head Athletic Trainer and taught in the Physical Education Department at Sarah Lawrence College. He also has served as an Assistant Athletic Trainer at Siena College after doing his Graduate Assistant work at Niagara University, where he also earned an MSEd in School Counseling.

Barkamian is an NATABOC Certified Athletic Trainer and is also accredited as a New York State Licensed Athletic Trainer. In addition, he holds several American Red Cross certifications, including Emergency Response, Professional Rescue and Professional Rescue Instruction.

Graduate Assistant Trainer Victoria Gagliardi
First Season - Sacred Heart ’10
Victoria Gagliardi is in her first year as an assistant athletic trainer at Manhattanville.

A 2010 graduate of Sacred Heart University, Gagliardi spent three years as a student assistant in the Athletic Training Department. She has spent the last two seasons working with the Athletic Training Department of the NHL’s Philadelphia Flyers.

A member of the National Athletic Trainers Association, Gagliardi is an NATABOC certified and also has received certifications from the American Red Cross in CPR/AED, First Aid and Lifeguarding.

Graduate Assistant Trainer Hilary Delp
First Season - Castleton State ’09
Hilary Delp is in her first season as an assistant athletic trainer at Manhattanville.

A 2009 graduate of Castleton State College, Delp spent three years as a student assistant in the Athletic Training Department. She has spent the last two seasons working with the Athletic Training Department of the NHL’s Philadelphia Flyers.

A member of the National Athletic Trainers Association, Delp is NATABOC certified and also has received certifications from the American Red Cross in CPR/AED, First Aid and Lifeguarding.
Manhattanville College, located just north of New York City in thriving Westchester County, has been educating young people on its beautiful 100-acre campus for over 150 years. With only 1,700 undergraduate students, each student is able to make a personal contribution to the campus community in more than 50 areas of study and 50 campus clubs. Also one of the most diverse campuses in the area, Manhattanville attracts students from 48 states and 76 countries.

SCHOOL HISTORY

Founded in 1841 in a three-story building on Houston Street of Manhattan’s Lower East Side as the Academy of the Sacred Heart, a Catholic boarding school for girls, Manhattanville has been educating students in the New York area for over 150 years. Six years after its founding in 1847, the academy relocated to an area just north of New York City on a hill overlooking the village of Manhattanville. Destroyed by fire in 1888, the academy was rebuilt on the same foundation and continued to grow both in curriculum and physical environment. In March of 1917 – 76 years after its founding as an academy – Manhattanville was chartered as a college by the New York State Board of Regents, allowing the school to grant undergraduate and graduate degrees for the first time.

Thirty-five years later, in 1952, Manhattanville moved to its current location in Purchase on the former estate of New York Tribune publisher and Ambassador to England Whitelaw Reid. The estate included a mansion, Ophir Hall, which has since been renamed Reid Castle and serves as the centerpiece of Manhattanville’s picturesque Westchester campus.

The architectural and administrative center of Manhattanville’s campus is Reid Castle, which was built in 1892 and overlooks both the quadrangle and the school’s athletic fields. On a clear day, you can stand atop the castle and see the skyscrapers of New York City in the distance to the southwest.

ABOUT MANHATTANVILLE

At Manhattanville College, rigorous academic preparation within a nurturing environment is matched by personalized attention to every student. Our close-knit community of 1,700 undergraduate students and 1,200 graduate students allows each student to make a personal contribution for the school. The student body also is one of the nation’s most diverse according to the Princeton Review, representing almost every state and more than 75 countries.

With more than 50 areas of undergraduate study, ranging from the Liberal Arts to cross-disciplinary studies such as Environmental Science and professional concentrations such as Business and Museum Studies, our students discover their passions and feel empowered to make a difference in the larger local, national and international communities around us. The school offers Bachelor of Arts, Fine Arts, Music and Science degrees, while also housing a highly respected and blossoming array of graduate programs.

Our students also participate in over 50 social clubs, run an award-winning radio station, and collectively engage in over 30,000 hours of community service each year. Many students also design their own majors by matching interests with courses, providing a unique educational experience both in and out of the classroom.

Our beautiful 100-acre campus with its historic architecture and recent environmentally-responsible buildings is set in thriving Westchester County. Life at Manhattanville blends the leisurely pace of suburbia with the rich cultural resources and fast pace of New York City, which is only thirty minutes away.

THE CORE VALUES

Proudly a value-oriented liberal arts college for more than 150 years, Manhattanville is still guided by the mission “to educate students to become ethically and socially responsible leaders for the global community.”

Manhattanville is committed to following its mission by:

• Ensuring the intellectual, ethical and social development of each student within a community of engaged scholars and teachers;

• Encouraging each student to develop as an independent leader and creative thinker in pursuing career and personal goals; and

• Providing a diverse, inclusive and nurturing environment which develops in each student a commitment to service and leadership within a global community.
A TRADITION OF SERVICE

Co-educational since 1969 and non-denominational in its governance since 1971, Manhattanville’s original vision lives on in the tradition of service begun by the Society of the Sacred Heart. This tradition, which preceded the college’s charter, determined the character the school would have: a firm belief in the liberalizing effect of the liberal arts, a lively sense of tradition, a wide-ranging interest in the most humane manifestations of the human spirit, and a continuing effort to enhance the local community and to accept responsibility for this segment of human history.

As a result, countless students are involved annually in a number of community service and social action programs. Last year, Manhattanville’s students contributed over 30,000 hours of service while gaining valuable experience in such areas as management, teaching and advocacy.

At the heart of Manhattanville’s ethic of community service and service learning is the Duchesne Center for Religion and Social Justice. The center, which coordinates many of Manhattanville’s myriad service programs, serves as the coordinator, catalyst and incubator for community outreach, cultural, leadership and spiritual initiatives both across the Manhattanville campus and beyond.

In addition, the Connie Hogarth Center for Social Action works closely with the Departments of Sociology and Political Science and helps the next generation of college-educated activists acquire the practical skills and knowledge necessary for work in some field of social change.

NEW YORK CITY

While on the school’s beautiful 100-acre campus, students are only a 30-minute car or Metro North train ride from New York City, giving them the chance to blend the leisurely pace of suburban life in Westchester with the most populous and exciting city in the United States.

Manhattanville’s location offers students a unique opportunity to take advantage of all that New York City has to offer. Whether you want to enjoy a Broadway show, catch a professional sports event, tour a museum or art gallery, shop at the world’s best stores, dine at the country’s best restaurants, or simply stroll around and take in the city’s many well-known landmarks such as the Statue of Liberty or Times Square, New York City offers something for everyone to enjoy.

The school’s proximity to the worldwide leader in finance, entertainment, culture and more also offers Manhattanville undergraduate and graduate students a unique and exciting opportunity for jobs and internships both in the city itself and in the thriving New York City suburbs, including right here in Purchase!